

IN THE CLAIMS

Please amend the claims as follows:

- 1-5. (Canceled)
6. (Currently Amended) A cold pack comprising:
 - an enclosure;
 - ~~an~~ a solute within said enclosure;
 - a liquid within said enclosure;
 - a membrane segregating said liquid from said solute, wherein rupturing said membrane mixes said liquid with said solute to produce an endothermic solution within said enclosure; and
 - an absorbent core within said enclosure, said absorbent core retaining said endothermic solution to spread said endothermic solution throughout said enclosure.
7. (Original) The cold pack of claim 6 wherein said solute is a powdered solute.
8. (Original) The cold pack of claim 6 wherein said absorbent core is an absorbent layer.
9. (Original) The cold pack of claim 6 wherein said membrane segregates the liquid from the absorbent core.
10. (Original) The cold pack of claim 9 wherein rupturing said membrane causes said endothermic solution to be retained by said absorbent core.
11. (Original) The cold pack of claim 6 wherein said membrane is polyethylene.

12. (Original) A cold pack comprising:
- an enclosure;
 - a powdered solute within said enclosure;
 - a liquid within said enclosure;
 - a membrane segregating said liquid from said powdered solute, wherein rupturing said membrane mixes said liquid with said powdered solute to produce an endothermic solution within said enclosure; and
 - an absorbent core within said enclosure, said absorbent core retaining said endothermic solution to spread said endothermic solution throughout said enclosure.
13. (Original) The cold pack of claim 12 wherein said powdered solute is substantially between 0.001 and 0.025 inches.
14. (Original) The cold pack of claim 12 wherein said membrane segregates the liquid from the absorbent core.
15. (Original) The cold pack of claim 14 wherein rupturing said membrane causes said endothermic solution to be retained by said absorbent core.
16. (Original) The cold pack of claim 15 wherein substantially all of said powdered solute is dissolved in said liquid to form said endothermic solution before said endothermic solution is retained by said absorbent core.
- 17-19. (Canceled)

20. (Currently Amended) A method of cooling a portion of a body, the method comprising:
segregating ~~an~~ a solute from a liquid, the solute and the liquid both being inside of a cold pack;
mixing the solute with the liquid to form an endothermic solution within the cold pack;
distributing the endothermic solution throughout the cold pack by retaining the endothermic solution within an absorbent core; and
applying the cold pack to the portion of the body.
21. (Original) The method of claim 20 wherein mixing the solute and the liquid to form an endothermic solution includes rupturing a membrane that segregates the solute from the liquid within the cold pack.
22. (Canceled)
23. (Canceled)
24. (Currently Amended) The method of claim 23 21 wherein retaining the endothermic solution within an absorbent core includes retaining the endothermic solution within an absorbent layer.
25. (Currently Amended) A method of cooling a portion of a body, the method comprising:
segregating a powdered solute from a liquid, the powdered solute and the liquid both being inside of a cold pack;
mixing the powdered solute with the liquid to form an endothermic solution within the cold pack;
distributing the endothermic solution throughout the cold pack by retaining the endothermic solution within an absorbent core; and
applying the cold pack to the portion of the body.

26. (Original) The method of claim 25 wherein mixing the powdered solute and the liquid to form an endothermic solution includes rupturing a membrane that segregates the powdered solute from the liquid within the cold pack.
27. (Currently Amended) The method of claim 25 wherein mixing the powdered solute and the liquid to form an endothermic solution includes dissolving substantially all of the powdered solute within the liquid ~~and then distributing the endothermic solution throughout the cold pack~~ before the endothermic solution is retained by the absorbent core.
28. (Canceled).
29. (New) The cold pack of claim 6 wherein said liquid is water.
30. (New) The cold pack of claim 6 wherein said solute is ammonium nitrate.
31. (New) The cold pack of claim 8 wherein said absorbent layer is pulp fiber.
32. (New) The cold pack of claim 8 wherein said solute is interspersed throughout said absorbent layer before said membrane is ruptured.
33. (New) The cold pack of claim 12 wherein said absorbent core is an absorbent layer.
34. (New) The cold pack of claim 33 wherein said absorbent layer is pulp fiber.
35. (New) The cold pack of claim 33 wherein said powdered solute is interspersed throughout said absorbent layer before said membrane is ruptured.
36. (New) The cold pack of claim 12 wherein said liquid is water.

37. (New) The method of claim 24 wherein segregating a solute from a liquid includes interspersing the solute throughout the absorbent layer before rupturing the membrane.
38. (New) The method of claim 26 wherein retaining the endothermic solution within an absorbent core includes retaining the endothermic solution within an absorbent layer.
39. (New) The method of claim 38 wherein segregating a powdered solute from a liquid includes interspersing the powdered solute throughout the absorbent layer before rupturing the membrane.